

Asthma **Action** Plan For Children

When Well

- No wheeze, cough or chest tightness
- Can play and exercise without wheeze, cough or chest tightness
- Need reliever puffer less than 3 times a week (not including before exercise)
- Not waking at night due to asthma symptoms

What should I do?

Preventer/Combination Medication:

.....

.....puffs times a day **everyday**.

..... mg

tablet once a day.

Reliever:

.....

Up to.....puffs, if needed

When Unwell

- Starting to get a tight cough, wheeze or chest tightness
- Increased asthma with a cold
- Waking at night with asthma symptoms

What should I do?

Give
(reliever)

Up to 3 - 4 hourly as needed:

- **2 – 6 puffs via spacer**
(Less than 6 years old)

- **2 – 12 puffs via spacer**
(6 years or older)

If on daily preventer medication, continue same dose as usual or follow your doctors instructions

Severe

- Needing reliever **more than every 3 hours** for one or more of the following:
- Wheeze
- Chest tightness
- Sucking in around neck, ribs or tummy with breathing

What should I do?

Keep giving.....puffs of
.....
(reliever)
as needed.

Start Oral steroid if prescribed:

.....

..... mg (.....ml)

And see a doctor or come into hospital AS SOON AS POSSIBLE

Danger Signs

- Needing reliever **more than every ½ hour**, OR
- **Blue lips**, OR
- **Difficulty speaking or feeding** due to breathlessness OR
- **Frightened** OR
- **Exhausted**

What should I do?

CALL AN AMBULANCE on 000

While waiting stay calm and give:

.....
(reliever)

4 puffs every 4 minutes

Use a spacer if available

Name: Ph:

Signature: Date:

Patient name :.....

EXTRA MEDICINE TO TAKE AFTER GOING HOME:

Date:.....

Prednisolone/ Redipred:mg (.....ml) once a day for..... days with food

Reliever : puffs times a day for days

.....

Other:

Take 2 puffs of reliever medication before sport

FOLLOW-UP (please tick which)

GP follow up in days/weeks

Outpatient Clinic weeks
(this will be posted to you a month before)

Asthma Nurse weeks

Consultant rooms weeks

PMH Asthma Nurse Tel: **9340 8713**

RETURN to hospital or see a doctor as soon as possible if your child:

- Starts **working harder to breath**, sucking in around the neck, tummy, or ribs with breathing **OR**
- Starts needing their reliever puffer **more than every 3 hours**

Call an AMBULANCE if your child has any one of the following:

- Needs their reliever puffer more than every ½ hour **OR**
- Is blue at the lips **OR**
- Has difficult speaking or feeding due to breathlessness **OR**
- Is frightened or exhausted

While waiting for the ambulance give your child their **reliever puffer 4 puffs every 4 minutes**. Use a spacer if available

IS YOUR CHILDS' ASTHMA UNDER CONTROL?

Does your child have any of the following symptoms when they seem well?

- **NIGHT TIME** or **EARLY MORNING** wheeze, chest tightness or cough?
- Wheeze, chest tightness or cough with **EXERCISE**?
- Using their **RELIEVER** 3 times a week, or more to relieve asthma symptoms (not including before sport)?
- **MISSING SCHOOL** because of their asthma?

Answer yes, to any one of these? Then your child should see their family **doctor** to look at ways to get their asthma under better control.